COMMON SENSE
Untitled

A NATURAL
THOUGHT PRACTICE

"We draw this idea from a principle in nature;
that the more simple any thing is, the less liable it is to be disordered,
and the easier repaired when disordered."

— From Thomas Paine's 'Common Sense'

Written in earnest support of the human race – ego and soul.

– An American Citizen

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DECLARATION OF *INTENTION*

This is not a pamphlet of politics. **IT IS** a request for review of **what we believe. We begin from within**: our personal opinions and how they apply to community and society, at large. **Simple awareness can be the catalyst for a profound shift in our approach to life itself.** Why not give ourselves a chance to re-establish our reason from a foundation that isn't inherited, assumed or imposed? We cannot expect collective sense without individual processes.

PREFACE - A REQUEST FOR RECONSIDERATION

ON BEHALF OF HUMANITY, A SERVICE REQUEST: LET'S DEFINE 'COMMON SENSE'

We argue about this concept as if it's a shared resource, but let's be honest: it has never been common. We assume we are talking about the same thing, but we are not. Not politically. Not socially. Not even within our own families. We want everyone else to use our specific version – and then we're oddly shocked when they move in another direction.

Try as we might, we can't claim our own concept of Common Sense by force without receiving pushback. What we can do is honor it by recognizing it's actual function: a personal list of faintly-disguised "shoulds" – shaped by everything we have experienced.

Common Sense is not an agreement. It is personal awareness in motion, backed by our individual beliefs. And because it is so deeply ours, it only evolves with deliberate engagement. The **TIME** for thoughtful action is **NOW**.

So take a breath, set down judgment, and ask yourself the only question that matters as we dispel The Myth of Common Sense:

What does Common Sense mean to YOU?

WE HOLD THESE TRUTHS TO BE SELF-EVIDENT:

We are each going to feel hurt feelings.
We are each going to hurt someone else's feelings.
We are each going to feel defensive.
We are each going to cause someone else to feel defensive.

THE ENERGETIC BILL OF RIGHTS (EBOR)

Where Freedom and Liberty Strike Balance

Context: This pamphlet explores both physical matter and energy matter, together – holding our human connections intact despite our radical differences. It invites all people, regardless of beliefs, backgrounds, races or religions, to consider the freedoms that exist naturally within the laws of the universe, even when they contradict the laws of man.

Energy, as used here, is the movement of awareness through body, emotion, thought, and spirit. Our primary tools are water, breath and alignment (H2Om).

NOTE TO READERS. If you find yourself wondering how a word is being used here, the appendix includes a short glossary for reference.

THE ENERGETIC BILL OF RIGHTS (EBOR)

These rights are not granted by others.
They are remembered from within ourselves.

The Energetic Bill of Rights names the internal freedoms required for human well-being – individually and collectively.

We have the right **to exist as unique beings, each comprised of incomparable raw material.** *Our individuality is sacred and essential; both personally and collectively.*

We have the right **to change our minds, our beliefs, and our direction.** *Growth and transformation are our natural state of being.*

We have the right **to question inherited beliefs and to think freely.** *Curiosity is creative courage and inquiry drives truth and wisdom.*

We have the right **to say "I don't know" without shame or blame.** *Acceptance of ignorance empowers us by keeping the door open for learning, empathy, and connection.*

We have the right **to experience our emotions in real time.** *Feeling is awareness in motion; our inner weather reflects what affects us.*

We have the right **to listen without the obligation to agree.** *True listening honors differences. It strengthens integrity by allowing what we don't appreciate or understand to simply be.*

We have the right **to use our own value system within the laws of man and the laws of the universe.** *Study yourself. Your impressions are the roots of everything you are.*

We have the right **to experience conflict as an invitation to understanding.** *Tension reveals where healing and creativity long to meet with purpose.*

We have the right **to review and redesign the beliefs, patterns, and systems that govern or constrain us.** *Our tendency to react before reasoning creates unresolved emotion. Our awareness transforms it.*

We have the right **to access and exchange resources that sustain both life and spirit.** *Abundance expands through cooperation and care, and we each have something of value to share.*

We have the right **to gather our intentions and challenge what we believe is possible.** *Every deliberate thought and act become threads of humanity's collective design.*

We have the right **to remember that we are already whole.** *Wholeness is not a reward; it is our natural state. It is simply awaiting our remembrance and recognition. We are already perfect – even as we continue to grow.*

BELIEF IS NOT REQUIRED.

Study Yourself.

Your impressions are everything.

– Our Raw Material, *Common Sense 2026*

These Rights are the Foundation of the Our Raw Material Thought Practice.

And with this Maxim in view, I offer a few remarks on the basics of being human to explore why we need them:

At its root, this is a plea for human awareness, nothing more. To be very clear, my goal is to persuade. I do not seek agreement with my personal beliefs, however I will use them to periodically make a point. I hope to invite the awareness and adoption of a simple system with my own voice, on behalf of humanity.

It's time for something new. Let's adopt a simple common framework for thought and communication, so that common ground becomes possible long before agreement is required.

"**We** have it in our *POWER* **to begin** THE WORLD over again."

– Thomas Paine, *Common Sense 1776*

SECTION I - **ON THE ORIGINS OF COMMON SENSE: OUR HUMAN CONDITION**

How often do you use these words without checking in about their meaning?

Sanity: *reasonable and rational behavior; the quality of being sane*

Sane: *Proceeding from a sound mind: RATIONAL; mentally sound; healthy in body*

Rational: *having reason or understanding*

ON SANITY

How do we find common agreement on who or what fits this criteria right now? And honestly, when was the last time we paused to consider the definition of "sound mind and body"? Which of our everyday behaviors and thought patterns would be considered rational by the majority? These are not abstract questions; they sit before us as our country clashes over our direction and approach. If we can't agree on sanity, how can we rely on solid ground for building anything?

Context is essential for clarity, but our current style of communicating doesn't always remember it at the moment we need it. Instead, we allow our sensational, sound-bite driven assumptions to derail honest communication, and we all lose in the long run.

Rationale has also become remarkably relative as we watch people defend things we know are not true. Words like "unhinged," "deranged," and "dangerous" have moved into the casual public vocabulary of our leaders and politicians. Right and wrong are being packaged as rigid absolutes – and the larger conversation is disappearing before our ears.

The media gets the bulk of the blame, but I think we can look around and agree this is an established human habit: tuning out what we don't want to know or hear as a protective boundary. The cost? We widen the divide, our common concepts lose integrity, and the connotation of sanity is arguably dismantled. Is that really what we want? I doubt it.

So why have we stopped giving ourselves the time and curiosity to think things through?

ON REASONING

If we knew what stood in front of someone else's reasoning, human behavior would make a lot more sense to us. Deep down, we all know this. Still, we expect logic to spring from people who simply aren't available to it (temporarily or by temperament). Poorly tended roots lack the nourishment required for objective reasoning. This leaves the rest of us with an ongoing moral choice: Will we pause to care, leave them there, or poke the bear?

Hard Truth: people are often unable to meet our expectations on cue, especially when unaware of them. Meanwhile, our personal presumptions keep us from seeing that as clearly as we could.

Examining what exists at the heart of what sets us off might not seem like good use of our time, but hear me out: when we aim to untangle the roots of our wounds, we discover extra room to breathe. Our egos, attempting to keep us safe, are compelled to hide our vulnerabilities, fostering further separation. These experiences are the true reflection of how we relate and communicate over time, and they remain tethered to the raw material of humanity.

ON BASIC NEEDS

At the crossroads of our misconception lies a very telling question:
"Have your basic needs always been met?"

Our answers reveal a lot about how we respond when bothered or upset. Being or feeling undernourished produces feelings of shame, guilt, and inadequacy, even when it's temporary. It leaves an energetic mark.

Extended time in that type of situation triggers our fight-or-flight response, increasing instances of fear and panic. Science describes it as an amygdala misfire; proving that people don't reason well in reaction. If you're paying attention, you can 'watch' it happen – and "feel" the chords of empathy develop.

Objective perspective: Spending any significant moments of your life trying to gain access to the very things that others take for granted (water, nutrition, climate-appropriate clothing, shelter, utilities, love, physical safety, etc.) leaves very little room for other things. **This is the human reality underneath nearly every misunderstanding we encounter.** From this view, the causes of addiction, depression, and self-judgment become easier to allow, understand, accept and eventually welcome as valid parts of the **whole**.

People who are struggling to meet basic needs do not often have the time and space available to reflect on behavior – theirs or anyone else's. Decisions are being made by people just trying to get through the immediate moment before the next challenge hits. We must find a way to remind ourselves that we don't often know enough to judge others, and allow the possibility that a person can seem nourished, even when they are not.

"...poor kid probably never had a chance to give a fuck."

– Todd Snider, *The Devil You Know*

Too much of a good thing is also a real thing. Privilege has the potential be a problem because shame and guilt live on the other side of that coin too – we just aren't in the habit of flipping it over for examination. Entitlement is its own brand of energetic debris – especially if you aren't the one who earned the extra assist in life. History has shown us the effects of these dubious wounds for generations. Justifying our advantages rarely serves us, but apologizing for them isn't the answer either.

Gratitude bridges that divide with ongoing opportunities for striking balance.

Truth: Stress to our foundations induces fear. Ignoring how we feel depletes our reasonability, and we will not overcome this matter with our minds alone. Luckily, there is an antidote: In Wholeness, our most difficult and painful experiences find profound meaning and, eventually, solid footing. Our structural homeostasis thrives with regular, honest feedback. Over time, this will shift our focus from mind over matter to the healing, supportive blend of mind into matter. Ego/Soul Balance.

Are YOU willing to evaluate human behavior beyond your initial impression?

Awaring is the simple act of noticing our inner movement in real time – the breath, the reaction, the shift – before our opinions take over.

SECTION II - **ON THE ORIGINS OF COMMON SENSE: OUR ENERGETIC CONDITION**

ON HUMAN ENERGY

If reason is how awareness thinks, energy is how awareness moves.
Fundamentally, we are each a living, breathing vibrational chord of energy – connected to each other – and also separate from each other. Raw emotion is our most potent energetic resource, but these natural powers have become clouded within the mix of our thoughts, feelings, and efforts to hide or mask them.

Sharing sensitive emotions is widely viewed as a weakness, even though the strength of those feelings could power the world. This mistrust of emotion teaches us to suppress the energy that keeps us connected, resilient, and alive.

Underneath that conditioning lies a deeper divide: whether or not we feel connected to anything beyond ourselves. When that relationship exists – to purpose, to meaning, to nature, to God – we are supported by a sense of "we," even as we move through the daily wake of "me." Without it, we default to isolation, and those rough waters can feel unbearable.

We each have an individual cosmic curation to inhabit, and the daily build-up of our energetic debris matters in a very literal sense. It creates our inner dis-ease. **When we do not keep a clean inner house, emotionally, we set ourselves up for a physical breakdown of some kind.**

I support a human's right to handle their business as they see fit. I also believe that if we develop a habit of feeling things in real time, we leave a lot less mess in our bodies.

It has become my working theory that our first inclinations and experiences about love and belonging are determining factors in how we connect NOW. In testing the value of this practice, I've observed reluctant people become open to objective evaluation; and finding a wealth of inner support from opening closed doors.

Awareness lights us up with a kind of faith I've never found in religion; but have always felt, in a deep, spiritual way from certain personal connections. It stems from the exact same source where we feel the vibrational chords of Love – the connective tissue of our FORM.

ON BEING NORMAL

Exploring The Official Line of Consciousness (The OLOC)

The concept of "normal" is one of the most powerful and invisible forces in modern life. We're born into a landscape that shows and tells us what acceptable behavior looks like. These ideas come from our parents, teachers, religions, communities, institutions, along with the cultural myths we absorb without question. While they are taught as neutral, they are rarely received that way.

Combined, these ideas make up Seth's cleverly-coined 1974 concept the Official Line of Consciousness. I have affectionately nicknamed it the "O-LOC," because I like how it rolls off the tongue. Think of the OLOC as the default setting of collective knowledge. It is the inherited operating system of the information where Artificial Intelligence draws the majority of its cues. It tells us:

- what "normal" people do
- what "reasonable" people think
- what "successful" people want
- what "good" people feel

> The Unknown Reality
> Jane Roberts
> Seth Sessions - 682
> February 13, 1974

It is important to note that the OLOC is built almost entirely from repetition, not vetted truth. It creates the illusion that other people are closer to normal than we are, sidestepping the glaring fact that nobody actually fits the standard. "Normal" is not an achievable state. It's a chaotic collection of incongruent concepts, not a standard. And because this official line is so deeply embedded, we rarely question its validity. The OLOC is the accumulation of:

- opinions stated as facts
- projections mistaken for wisdom
- emotional boundaries reinforced through shame
- limiting beliefs passed down from one generation to another

It's the reason we quickly internalize shame, why we hide our most exuberant emotions in order to appear "normal," and also why we attempt to avoid our own Wholeness.

But Hear This! Once we start questioning the OLOC, something beautiful happens. As we expand our perspective to live outside the scrutiny of "normal":

- we stop wasting energy trying to be acceptable
- we rediscover our spontaneous, joyful selves
- we learn to listen from the inside out
- we experience authentic emotions
- we gain access to our actual strengths and purpose

ON BREATH

Breathing is largely accepted as an involuntary act, and its rhythms are easily taken for granted. Only when our breath is compromised do we seek to support it. **Our involuntary breathing function is, quite literally, the least we can do**. So why do so many of us stop there? Our breath offers more than just keeping us alive – it keeps us living. Have fun playing around with this expansive idea: **What's the MOST you can do?**

Our bodies came equipped with a powerful instrument: the ability to move our breath through them at will. This inherent skill helps regulate our sense of self while increasing our capacity to manifest things. Intentional breathing is simply being fully aware of the breath moving in and around your body. It is also the best tool for identifying and "clearing" the places where we store our stress.

Ask Yourself: How often do you breathe with intention?

Active breathing clears energetic debris and finds easy forgiveness for our judgment, behavior, and ignorance. It allows us to view every single step we take as meaningful to our natural stride. Perhaps we can then forgive our fellow humans for exhibiting the very same things?

Meditative Reminder: there is no expert more able to attune to the power within each of our bodies than ourselves. Awareness creates action. Meditating, in its simplest form, is engaging in mind-body contemplation. Regardless of who leads the meditation, there is one common resource in every meditative effort: **YOUR Breath.**

ON PAIN

Optimally, we would each move our bodies, eat well, hydrate, and enjoy quality sleep. Not only is this not happening everywhere, in many places it's impossible.

Our feelings have purpose: they indicate pain, physical and beyond. This ever-changing state of emotion is a dynamic force that requires regular internal review. Our pain reflects our untended issues and our acknowledged raw material has the power to help us heal them.

Pain's signals hit us each at different wavelengths. Every person experiences discomfort, but some people possess an inherently higher threshold. The same goes for the awareness of pain. One person's level 3 might be another person's 8. The standard is subjective by any metric, but an objective return to our breath will steady our perception long enough to tune in and listen to what we are feeling.

Our bodies come designed to trade gratitude like currency. Breathe into that thought and take in the sensations of this system unfolding around you.

Our coping skills also vary. Some of us address the symptoms immediately, while others ignore the pain or hope that it will go away. We know that persistent pain creates stress, so what killed our natural instinct to stop and address our constrained emotions in the first place?

Our body's language is vibrational, but we are prone to intellectualizing our feelings. Becoming attuned to them manages our stress as well as our pain, and gauging their severity requires a moving perspective. Pain is our body's language for "please slow down and take a closer look at what is happening within you before moving forward – unless you want to carry this energetic baggage with you". Most of us don't want this, but we've tangled ou read on the signals.

This is where anxiety is born - and where catastrophic thinking finds its fuel. This awareness can become literal food for thought, helping us flip the script for ourselves. Living with pain of any kind changes the way we relate to others, and a lack of true representation leaves us experiencing feelings of depression, loss, and/or being alone – even in places we once found comfort and joy.

Ask Yourself: Where are you spending your mental energy?
And what are you creating with it?

QUESTIONS FOR IGNORANCE

The Ignorance Pillar (Fourth of the 12 Pillars in the ORM Practice) appeared to me during an internal conversation I was having about the commonalities between Thomas Paine and Cicero. The question before me was this:

"What percentage of everything there is to know do you believe that you, personally, know?"

My answer stopped me in my tracks as I recollected how many times I've thought someone else wasn't very smart because of what they didn't know. I became immediately aware that my perspective here was nothing but snap judgment straight from the OLOC. I've come to enjoy these awareness revelations, but at first they were a little tough to allow.

Think about it: there are people walking around with that same percentage of knowledge that you have, and you may have thought them inept simply because their knowledge set had little in common with yours.

I have been asking this question for seven years now, and watching people react to it never gets old. I've heard genuine answers ranging from 50% to .0000001. The huge divide surprised me, but cleared up my latent confusion about what ignorance really is.

Fun fact: a lot of people come back to me with a revised answer after some thought on the matter, but no one has ever adjusted up.

The moment we remember that not knowing is a normal state of being, our deep tensions soften. In the next few breaths, we will often find a return to curiosity, which leads us towards understanding from a larger arena of awareness.

This is where our own best senses shine – swathed in the beautiful light of objective awareness. Our ignorance is the vibrationally vulnerable moment where we decide to connect with others or pull back fwith some type of protection.

Rhetorical questions: What are we protecting by refusing to listen? And how strongly do we believe we already know the answers?

RESPECTING ignorance requires **BREATH** and **patience**; we listen not only to what we dislike, but to what our own minds are preparing in response.

– Todd Snider, *Looking for a Job*

ARE WE AT WAR?

The echoes of our conversational claims that we are societally "At War" beg the deeper question: *How do we each perceive and represent that "war" in our minds?* The answers are a study in Humanity itself, and I'd wager that our species has generated a lot more questions than answers. It's funny how much we think we know about "what's **really** going on."

The human condition is an intricately woven tapestry, and our ego attentions are fairly detached from what holds us together. We barely notice the fear-based effects, but they are deeply rooted in our separation from one another. We come by the disconnect naturally because our energetic reactivity happens much faster than our minds move.

This neglects our fundamental Wholeness, and dampens our inner light every day. (Have you noticed the word 'shadow' creeping into our lexicon lately?) If we want to create lasting solutions for society, we must adopt an effective way to communicate how we feel in real time. To ourselves, and then for whomever might benefit from the intel. **Take a breath and consider the immediate improvement we could feel in general communication.**

We're all running on partial data and assumptions, mistaking incomplete perceptions for undeniable truths on the daily. Is this not a recipe for further miscommunication? Anyone else interested in giving our collective tapestry a big shake so we can all find room to breathe freely? **Harnessing our attention is a major asset in helping us move with intention.**

THE SOUL/EGO SPECTRUM

Determining how we feel for real means checking in with two distinct perspectives: Soul and Ego. These two forces coexist within us at all times, but Ego is specifically positioned to run the show. We experience their tensions in the condition of our physical bodies as we react to the circumstances of our lives. This important relationship between two sets of energies remains active in the background while we focus on whatever sits in front.

Quick Lesson: The functions of our ego include (1) perceiving the external world, (2) adapting a personal version of reality, (3) informing our impulses and emotions, and (4) keeping us safe.

Our soul voice holds no shame for the conditions that brought us to right here, right now. It holds no blame for our more sketchy decisions, because it recognizes each experience for exactly what it is, without making a determination of good or bad. **Our souls energetically support every single thing that we do, period.**

As humans built civilizations, our souls have kept us tethered while our ego energies flourished. Our energies expanded unchecked, and our naïve attempts to control them indicate both our ego arrogance and soul ignorance. Our egos are at the top of their games, functionally, but their 'protections' have driven public opinion to value knowledge over learning – as if we can achieve one and cease the other? We are saturated in their wholly familiar physical byproducts: defensiveness, shame, and judgment.

Vibrational Vulnerability
is what happens when we stop defending and start moving; where respect for **Ignorance** opens the doors for our **Growth**.

Ego-heavy reactions thrive on momentum, forcing many of us to live in some level of fight or flight to cope. Look around. The derision we see publicly comes from the same division we feel privately. Pointing fingers solves nothing. As we find good ways to manage the rhythms of our ego's energies, it becomes nearly impossible to ignore the steady resonance of our soul's voice. **Still, we persist.**

ON THE HUMAN BRAIN: FORM AND FUNCTION

Our brains are fascinating, but they might not deserve the superiority complex they have earned. Over time, our reactions have become trained to operate outside of reasoning, which practically excludes understanding. When our minds fill in blanks without context and create assumptions without asking questions, our reason loses it's footing.

Noticing how nature actually works lets us observe how deviant the function of our own brains has moved from the attuned rhythm of its initial form. It is humans, alone, who classify good and bad. Our brains sit at the shadowy edge of our egos, denying and defying what we are given in favor of something else entirely. It's truly a natural phenomenon.

Our bodies' operating system does not automatically adapt with the world around us, and somehow we gloss over this existential glitch without question. Nature offers perfection, and we abjectly reject it. This is not a mystical concept atn all– it's a distinctly human one.

Somewhere along the way, civilization has overlooked contemplation, bypassing the natural pause that once helped us stay connected. We've traded these for the speed, noise, and mental shortcuts that drive Ego growth, but exclude our Wholeness. Here, we have the opportunity to stitch them together as we desire.

Science-Based Question: Why do our feelings cloud the basic mechanics that operate reason, relief, and possibility?

We know we have access to the same circadian rhythms that guide every other living thing, yet we allow our thoughts to deny it in favor of our own code of laws and morals. Our egos leap to protect us before our bodies have a chance to understand what is actually happening. We then begin to confuse tension with truth, and survival with clarity. We've become so accustomed to thinking from fear, habit, and past harm that we rarely stop to consider how much power sits just beneath that noise. Hint: it's immeasurable.

Quick Solve: Breathing with intention shifts our brains from protective mode into productive mode. Our thoughts stop racing long enough for our bodies to help us process, and our bodies stop bracing long enough for our thoughts to reorganize. It's a simple solution, but it's not always easy to engage. A lot of us have forgotten that we have this option at all.

Let's begin with remembering that your mind and your body belong to YOU. You are their ultimate governor.

And so, we arrive at a personal truth: everything we carry into the world begins and ends within us. Before we can reconsider anything outside ourselves – politics, community, conflict – we must pause long enough to see what we've inherited, what we've assumed, and what we've taken for granted. Awareness of our Wholeness is the threshold where we can take an honest look at the inner material that continues to shape everything we believe.

SECTION III - **ON COMMON SENSE: THE CASE FOR REDEFINITION**

Before we can redefine Common Sense, let's consider where the misimpression began. What did it mean in 1776? And how did it come to mean so many different things without our recognition or consent? To understand the confusion, we have to examine its origins:

GETTING PERSONAL

My thoughts on this matter began when Thomas Paine first appeared in my dreams circa 2018. His presence didn't mean much at first, but it persisted until I couldn't ignore it. I didn't know much of his history, but I learned more from Paine about our country's form than I was ever taught in school.

He impressed the concept of 'common' into my mind with a sense of personal responsibility that has guided the of 'discovery' The Our Raw Material Practice. I describe my role as Energetic Archaeologist, because I believe that I found this already existing in natural patterns, rather than building it myself.

Contrary to popular belief, Paine's title concept is not an agreed upon set of anything. I traced my own thoughts, seeking what we might consider 'common,' and found that I can really only speak for myself. Which makes me wonder: have we effectively borne this concept into existence from assumption alone? **I mean, we all seem to think we have a keen sense of what it means.**

Which brings us to where we stand today, as a country. We are parsing meaning by ignoring Common Sense for where it really sits: as a conceptual illusion. Our deepest senses are not shared by our fellow man! Paine hoped to incite people to use personal reason over anyone else's. He did not anticipate that we would adopt his phrase to exploit political fault lines or inaccurately measure each other's sanity.

Regardless of how we got here, we can look to Paine's provocative reasoning for the kind of practical resolutions that help us make sense of how we feel and what we think – without feeling we've lost our minds –ndividually and collectively. My name is Tavish Carduff, and I seek to support humanity as best I can.

Hard Truth: We are all connected, whether we believe it or not.

ORIGINS AND ILLUSIONS

Our original wound is our shared experience of separation, which sits open under most of our negative feelings. Our triggers may hide, but every judgment and every act of self-criticism grows from old pain. Every single one. The details can be sensitive to our egos, but our souls actually consume them as creative matter. Seriously, they live for this shit!

Countless arguments about spiritual truth have been woven into our beliefs, and confusion abides. At some point we all ponder measuring ourselves against some idea of "God" – real or imagined. Some of us live by faith, while others struggle to reach that level of trust in anything. Our physical connections have moral and legal consequences, but as energetic insights find scientific backing, I can't help but wonder how long our current system holds.

> Laughter is a great coping skill, backed by science and supported by anyone who leans into laughing because it feels so good.

Fact: We are not all afforded equal time and space for contemplation – which has stifled our regular practice of mind-body tending. Need proof?

Watch babies stretch and pandiculate from their cores as they move and learn with an eagerness that has never met judgment or shame. Over time, what begins as regular human practice becomes disjointed, even viewed as a luxury that some of us believe we can't afford (by age or action). It can feel frustrating, but the fix is often as simple as targeted breath and regular pandiculation.

Thomas Paine Truth: Our sense is intrinsically personal – read: not common – and these times are still trying men's souls…

THOMAS PAINE WEIGHS IN

Paine's 1776 pamphlet Common Sense was a persuasive plea for creating a democratic republic. It envisioned a new world where individual liberties prevailed, and the will of the people could operate in freedom and autonomy. The most widely read publication of its time, it encouraged breaking from outside control and becoming our own governors. He was impassioned by our wide-open prospects, and powered by his outrage, which brought his arguments to page beautifully.

His words empowered people who felt weak, and sent a direct message to those seeking control for their own benefit. His arguments on women, slavery, taxes, and religion convinced me that 'common sense' has never been real. Twenty years later, he wrote The Age of Reason, still wrestling with how we use belief and logic to justify our choices. In actuality, each set of opinions maintains its own version of what is deemed 'most common', and I'm here to tell you that never the twain has met – at least not so far.

Paine's writing was thorough in its arguments, and it spoke truth to power while also quelling many of the very real fears that were keeping people from embracing the responsibilities of building and maintaining their own government. Inspiring, but consequently unfinished.

THE CONSEQUENCE

Thomas Paine didn't create a critical sticking point around a fake perception on purpose. His pamphlet accomplished what he wanted – moving the needle on our government's formation. Inadvertently, the concept has developed alongside a strange expectation: that common sense is a sound structure by which we measure the integrity and intelligence of others. It's become an unvetted assumption of the OLOC and it couldn't be more wrong.

This is an attempt to shift the tide – gently, but deliberately. If you know better, do better. We will all benefit from the collective support.

A REALITY CHECK

'Common Sense' only exists because we speak as if it does. We've never established its meaning, even though it has been floating around our vernacular for 250 years. It is currently gaining ground in political conversations – still bearing no exploration or explanation of anything shared. Perhaps we are working with more false assumptions than we thought?

Fact: There is one common beat emanating from nearly every human being on the planet. It is a personal quest for connection, plain and simple.

Quick question: have you ever seen a definition that details what is and isn't common sense? Me either.

THE EMERGING TRUTH

If we want Common Sense to matter, we must each define it for ourselves. When we decide what it means to others we are guessing in the dark and mistaking our assumptions as correct. It comes down to personal portrayal every time.

The biggest truth out there is hard for a lot of us to believe: We have a lot more ability to affect everything than we recognize or understand. Developing a clear mind-body connection will help you prove that theory for yourself, and the Our Raw Material Arena is a natural place for making that happen every day, no matter who we are or what we have.

In its early development, I pulled what I knew to be common from every system I could recall. I broke those down to basics, asking "how would we fit the best human advice on a postcard?", and suddenly, this common frame seemed plausible and I was aware of its potential. At ORM we call it Awaring: the act of noticing what's happening around you with intention. It begins when we think outside the assumptions of the OLOC.

Try defining common sense for yourself right now – what emerges for YOU?

THE QUESTIONS

How much of what we believe is based on assumptions?

How likely are we to seek common ground ahead of common sense?

And is it reasonable to expect that any smart person will think and act the same way we do about our environments?

Not very – and that realization begins to shift everything.

"I DON'T KNOW BUT I'VE BEEN TOLD."

– lyric shared by
The Grateful Dead
Led Zeppelin
Steve Miller
and
Todd Snider

The amount of meaning we assume for other people is astronomically disproportionate to their truth or their reality. Even when we love someone, we still miss most of what shaped them.

COMMON SENSE

The connotation varies widely, because it is uniquely specific to each human being. Consider your own ideas about what it *should be,* and you will instantly become a better listener. We shift the production of fear and defensive energy, offering in its place some sacred space for potential transformation. Holding respect for ignorance (ours or theirs) allows us to see ourselves as both teacher and student. This helps transform our reactions into productive and useful energy. The scales of the Soul and the Ego begin seeking intentional balance, and are able to present healthier outlets for our protective reactions and judgments. Common Sense is personal – and always has been.

SECTION IV - **ON BEING HUMAN**

ON KNOWLEDGE

In the depths of our own knowledge lies a tremendous well of unacknowledged ignorance. There is something valuable to gain from our most unsettling moments – no matter how smart we think we are. Our uneasy feelings fuel the need to protect ourselves, prompting us to act in some form of self-defense. From there, we are likely to miss the opportunity before us: turning what we don't know into something interesting instead of something threatening.

Failing to acknowledge the root causes and effects of our underlying triggers keeps us clinging to familiar ground, mistaking it for safety. When our basic needs go unmet, our perceptions warp without our consent. Hunger, exhaustion, and emotional deprivation bend reality just enough that our reactions start making decisions for us.

Consider This: what we feed our thoughts is as impactful as what we feed our bodies. Repeated nourishment — or neglect — becomes architecture. It shapes our internal garden, influencing how our beliefs stick and how our responses grow.

Each one of us possesses the ability to stand next to something that would normally bother us and not become reactive. The time and space for trying is available right now. There is always more to learn, so lean into letting your curiosity lead.

NORMAL HAS NEVER BEEN REAL

It's the collective noise of the Official Line of Consciousness (the O-LOC) – an imaginary standard we've been trained to chase. It's the inherited script we call "reasonable," "appropriate," or "common sense," even when it has nothing to do with what we actually feel or know.

ASKING WHY

Only rarely do we actually investigate why a person thinks the way they do. More often, we casually pose the question as if there is no conceivable answer. We leave it hanging in a cloud of disbelief that keeps us feeling separate at best.

When it comes to ourselves, however, we are usually more apt to consider (or defend) our choices before applying our judgment – at least outwardly. Inwardly, self-judgment is still alive and thriving. Both voices seek power and control as we try to present only the parts of ourselves we deem acceptable for public scrutiny. It's gotten harsh out here.

This is an indirect result of our quick-to-cancel culture, which believes it exists to protect us right now. This mindset is staunchly unforgiving to the whole person, and to life's twisty tendencies. Our failure to see beyond someone's emotional reactions severely limits our ability to watch the landscape unfold.

I can relate to our instinct to remove the intolerable from our immediate environment, and I have often hoped that shame will somehow create deep understanding for people – but something keeps growing inside me that knows that's not really how it works.

The longer we live in reactive space, the more disconnected we become from how we feel. When feeling becomes a luxury, not a necessity – the shape of everything becomes distorted. Fear may stop behavior, but it does not change hearts.

The only **real** agent of change is **love**.

Sometimes it comes down to a "mojo thing"—choosing what feels right in the moment, knowing the other option might be the clear winner on another day.

WHAT IS SOUL/EGO BALANCE?

We've talked about the two contrasting energies surging through our bodies – ego and soul. Each is represented as an individual energy, but also as a voice, a scale, and a protector. They may appear capitalized or not, depending on context. This emphasis is intuitive rather than fixed. It's a matter of resonance, not rule.

Our Ego Energies are more supportive to our physical being and the comforts offered by the human "race," and our Soul Energies focus on the more benevolent, connected activities of the "human" part of the race.

Soul is deeply involved in whatever happens, but Ego runs the show. Our soul voice can feel like a whisper until we find the volume offset. When we dial down the fears of ego resistance, the relationship shifts – often into the very thing that would help. As our Egos allow and accept that our Souls are not a threat, our souls gently guide without taking over. Their strengths combine, and our actions become clearer and more intentional.

The value of using both energies at the same time becomes obvious because maintaining self-representation is no longer hard work. We are confident decision-makers, joyfully navigating the many changes life presents to our core balance.

SECTION V - **US POLITICS: OUR FAILURE TO COMMUNICATE**

The crux of our conflict is not political, but perceptual. I will relate the discovery and validity of the Our Raw Material Arena in the next few sections. For now, let's explore a broad overview of the political shifts of the past 100 years. The details change, but the patterns remain the same.

A TALE OF UNCONSIDERED CALL AND RESPONSE

The political arena has become the ultimate test of our ability to listen. Across two and a half centuries, the United States has moved through a repeating pattern: one side calling for security, the other for expansion; one clinging, the other releasing. What we mistake for opposition is more often two truths trying to live in the same room. We are a people learning, forgetting, and remembering together – but rarely at the same time.

By applying simple reasoning to our ideals, we can watch these truths come into view: We are not enemies. We are not opposites. We are opinionated humans trying to create safety, dignity, and meaning from inside our very separate bodies, experiences, histories and belief systems. Underneath every personal argument is the same baseline longing:

To live free.
To choose one's own way.
To be respected as a whole human being.

A CENTURY OF CONFLICTING IDEAS

Our conflicts have never been about whether we value liberty. They have always been about how freedom should be shared, protected, and expressed. A quick stroll through America's political eras — what each one was chasing… and what each was running from:

1920s Shared Ideal: Prosperity and Opportunity.
Conflict: Opportunity expanded, but the definition of who "qualified" did not. We began to treat opportunity as something earned by worth, not built for all.
Republican Vision: Economic expansion: if the nation prospered, individuals would prosper along with it.
Democratic Vision: Modern public systems would make opportunity accessible to the many, not just the already positioned.
Example: The GI Bill and FHA lending built the American middle class, but remained largely inaccessible to Black Americans.
Q: What happens to a shared dream when access to it is not shared?

1930s–1940s Shared Ideal: Stability and Survival.
Conflict: We believed prosperity should be shared, but we did not dismantle the systems that kept it concentrated. We built safety nets with exclusions.
Democratic Vision: If people are falling, the nation steps in. This is not charity, but the responsibility of a society that claims to value its citizens.
Republican Vision: Strength must come from the inside out. People deserve the chance to rise by their own effort.
Example: Social Security stabilized millions of families. Its exclusion of domestic and agricultural workers, however, left most Black laborers and rural workers outside its promise.
Q. What were we ultimately protecting?

1950s Shared Ideal: Security and Belonging.
Conflict: We tried to manufacture unity through moral codes and normality. Both believed belonging was the foundation of a thriving society; they simply imagined different paths to it.
Republican Vision: Shared cultural norms create stability and grow healthy members of society. If we agree on how to live, we can all feel safe together.
Democratic Vision: If we invest in schools, neighborhoods, and public systems, our differences in customs and beliefs can co-exist.
Example: Suburban zoning and redlining didn't just determine where people lived; they determined ease of access to resources and visibility within the community.
Q. If belonging requires us to shrink parts of ourselves to fit the picture, is it belonging or is it forced compliance?

1960s–1970s Shared Ideal: Human Dignity.
Conflict: We expanded rights, but we did not expand our emotional or cultural readiness to live inside them – guidance, belonging, or shared language.
Democratic Vision: Dignity means voice, and voice means inclusion.
Republican Vision: Dignity also means stability, and stability requires standards.
Example: School desegregation was mandated legally, but resisted culturally. The law moved, but our prevailing beliefs about it did not.
Q. What does progress cost when healing is not a part of the plan?

1980s Shared Ideal: Human Potential.
Conflict: We began to speak of independence and interdependence as if they were opposites; as if needing no one were the highest form of strength.
Republican Vision: If we remove constraints (taxes, regulations, limits) individuals and businesses will rise. Strength will come from personal drive.
Democratic Vision: People start from different realities, not equal ground. Support systems (education, healthcare, community resources) are necessary.
Example: As mental health institutions and social supports were shuttered, care shifted to families, so the suffering became private – and overwhelming.
Q. How do we honor both self-respect and care if we treat needing help as evidence that something is wrong with us?

1990s Shared Ideal: Being Burdenless.
Conflict: We confused accountability with suspicion. We began to treat needing help as evidence of personal weakness. We backed away from reaching out.
Democratic Vision: Help should uplift without creating dependency. Support is a tool for dignity, not proof of inadequacy.
Republican Vision: Self-respect grows when people participate in their own stability. Responsibility is not punishment – it is the pathway to dignity.
Example: In 1996, welfare reform introduced work requirements and limits. Support was offered – if you were trying in the right way, on the right timeline.
Q. What happens to dignity when systems quietly rank humans against one another?

2000s Shared Ideal: Safety.
Conflict: Fear became a shared language that fractured us into smaller circles of "us" and "them," – even when we never meant to draw those lines. Protection turned into distance and safety turned into suspicion.
Republican Vision: Strength prevents harm. Decisive action protects what we love. If we stand firm, we stay safe.
Democratic Vision: Restraint prevents harm. Measured action protects our relationships with the world. If we move carefully, we stay connected.
Example: After 9/11, national unity surged, but instead of learning how to hold one another in grief, we learned to brace ourselves for problems. Public security expanded outward, but we did not expand our capacity to feel safe together.
Q. What happens to belonging when our safety is defined by who and what we fear?

2010–2020 Shared Ideal: Belonging.
Conflict: We protected our own pain without acknowledging one another's. We defended our stories before hearing the other side. Reality itself began to fragment. We lived in parellel interpretations of what was happening and why.
Democratic Vision: Preserve the shared structures that allow us to live together. Belonging means maintaining the systems that hold us in shared relationships.
Republican Vision: Restore voice to those who felt unseen, overlooked, or dismissed. Belonging means recognition of the people who feel forgotten.
Example: Media ecosystems split into separate realities, each reinforcing its own version of events, motives, and meaning. The divide has turned existential.
Q. What would it take to believe that our truths can coexist?

2020–2025 Shared Ideal: Protection.
Conflict: We forgot that care is experienced differently from different bodies. To some, protection felt like responsibility. To others, it felt like restriction.
Republican Vision: Personal autonomy protects the individual. If we preserve choice, dignity remains intact.
Democratic Vision: Coordinated systems can protect the community. If we act together, fewer people fall through the cracks.
Example: Masks and vaccines stopped being tools and became identity markers – signals of belonging to one narrative or another. Care became something to prove, defend, or resist. We disagreed about the reality of it.
Q: What if protection has always required both autonomy and connection?

ON TRUTH

Both parties have always desired to protect life, but from very different angles of experience. We are a case of complex, contrasting perspectives, and the time has come for allowing them to exist without the need to defend them. None of us have enough knowledge to be 100% certain, because even our origins remain in question.

We exist in a profound state of having forgotten our original connection. Any belief system built on that uncertainty is a house of cards. Long ago, we agreed to use a shared physical structure – gravity, oxygen, the observable universe – and built scientific theories that we could test, refine, and trust.
That foundation works.

There is an equally simple framework designed for our thoughts: not a shared set of beliefs, but a shared space of meaning. A shared reference point. A shared arena that remains solid even while we argue inside it.

The question is no longer: Who is right?
It is: How do we find our way back to a shared world?

SECTION VI - **ON INTELLIGENCE**

CONSIDERATIONS

Taking personal responsibility for things we have said and done is one of the best ways to regain our sense of power from within. When we consider our own actions and how they might affect outcomes, we make ourselves available to a real shift in how we understand common sense and truth. Once we own our part, the next step is daring to look at how we came to be who we are.

TAKING CHANCES

This is not a breezy topic, but leaning into our vulnerabilities makes life more fulfilling. Being willing to look at our entire evolution helps us breathe easy while we pull back the curtains to see what's really what, sans defenses. Picking the built-in barriers apart is a rewarding challenge, and unpacking our form with objectivity can be really fun. Along the way, our emotions will teach us exactly where we protect ourselves and others from having feelings they, by all rights, ought to be allowed to experience freely.

EMOTIONAL INTELLIGENCE: WHAT WORKS

The phrase Emotional Intelligence has been around long enough for each of us to place ourselves somewhere on the scale, (likely higher than where we land). This is only because we have so much more access to our own inner world than anyone else ever will. We humans spend a surprising amount of time guessing about feelings – even our own. Getting to know them up close and personal brings us closer to our ultimate goal: feeling WHOLE in all conditions.

Emotional intelligence isn't about mastering emotions; it's about recognizing them before our reactions start making decisions for us.

WE CAN BE EMOTIONALLY INTELLIGENT AND EMOTIONALLY IGNORANT AT THE SAME TIME. IN FACT, IT'S PROBABLY TRUE FOR ALL 8 BILLION OF US MOST DAYS.

EMOTIONAL IGNORANCE: WHAT GETS IN THE WAY

The amount of things we don't know builds walls of energy that stand in the way of seeing any truth beyond our own. We cling to our rights and our boundaries as if that alone will keep others from crashing right over them. Our feelings about that have been bleeding all over our world.

We rarely pause to consider the cause and effect behind the hierarchies we've built: the classifications we use to sort ourselves, and the way we view ourselves in relation to others.

THE RISE AND FALL OF IT ALL

Our minds are projectors. They form conclusions from inside the whirlwind created when our mental force-of-habit collides with past emotion. It happens so fast we rarely catch it. Our minds rush to fill in whatever "truth" matches the expectation, and energetically, we've already sketched the outline of what comes next. It's often inaccurate – but it feels right because it is familiar. Cognitive bias at its finest: efficient, familiar, and often wildly off-base.

People don't process thoughts the same way either. Yet how often do we presume to know what someone else needs? Or what they should be doing, instead. We are all drawn to different parts of any storyline. It's easy to forget this when we start "deciding" for other people.

Opinions are shareable mental threads – delightfully designed to aid our communication. Using knowledge and connection, we can freely exchange information. Sometimes, we favor our own view so strongly that we assume authority over others' beliefs, but our opinions only land when invited, accepted, or allowed. Even then, the jury is still out.

I'm not sure when we started trying to "protect" people from the truth of reality, but it's worth asking why. What makes us prone to those little white lies that spare someone access to their own real-time feelings? And why do we keep doing it when we know it delays – or derails – a person's spontaneous reaction? Seriously, how many sitcom plots are built on this premise? It's the go-to lesson: the avoided truth, the predictable chaos, the anticlimactic reveal. And still, we repeat the pattern — bright, capable humans falling into the same trap, again and again. I don't pretend to have the answers. I'm just interested in the pattern.

THE ROLE OF ARTIFICIAL INTELLIGENCE

Human nature has not changed much in thousands of years. We still react before we reason. We still protect our feelings before we examine them. We still mistake familiarity for truth and speed for clarity. What has changed is the speed at which our reactions now travel.

Artificial intelligence sits in our public square like a modern oracle – not wise, not omniscient, but fast. And if we are not careful, speed will once again masquerade as certainty.

SECTION VII - **WHOLENESS**

FROM SEA TO SHINING SEA

Our national holidays are designed to honor what we care about, but they often lack shared emotional investment. We don't care about the same things anymore – if we ever truly did. The absence of shared meaning leaves us without the cultural ground required to establish roots.

So how do we move beyond the ignorance that leads us to question the validity of nationally recognized celebrations at all? By first acknowledging our personal and collective needs – energetically. From sea to shining sea, we were never destined to agree.

The vast differences in how we experience the world cause us to hold distinct - and often conflicting - values, ideals, and intentions. Without a shared foundation, common sense turns into a phantom expectation; something we invoke but rarely define or share. This fracture does not begin in politics or policy. It forms in our personal histories, our emotional landscapes, and what we learned to value from the Official Line of Consciousness around us.

WHOLENESS IS THE GOALNESS

How do we satisfy these discordant energies?
How do we unite disconnected bodies and minds within ourselves?
How do we become objectively honest with ourselves?
How can we subjectively communicate with each other?

Allowing the harm to exist with the good – in ourselves and others – is the only path to human Wholeness. It doesn't mean go stand in the line of fire. It means we can trust that everything is naturally aligned at all times. We build from there.

A SIMPLE MEDITATION

Breathing while paying attention to your body is meditative. If you are aware that you are breathing, you are doing it right.

Using your body as a meditative instrument becomes second nature when intention drives momentum. Your breath clears energetic debris from mind and body, manifesting conditions that line up to your values, ideals and considered intentions.

Bonus: you can do this standing in a grocery line!
Ask yourself: How meditative can you be?

ORM CIRCLES

Community Circles are an interactive way to practice the ORM Pillars with other people. Grounding together creates an immediate sense of community, and a little meditative moment softens our defenses just enough for trust to take root. We learn how we relate to each Pillar, and then hear how others experience it differently. The contrast is illuminating. The similarities are comforting. And the practice becomes richer because we're sharing the experience.

In Circle, we become resources for each other in the most natural way by showing up as ourselves. Even when we don't agree, we find connection in the space between us because we're taking the time to listen. This is the embodiment of the Resource Pillar – reminding us that resources aren't just physical things; they're the energies we exchange: attention, breath, presence, perspective.

Someone's insight loosens a knot in your thinking. Someone's steadiness helps your body settle. Someone's honesty reminds you to breathe. That shared field of awareness is what makes the practice come alive.

Circles aren't mandatory, but the practice is amplified by others' raw material. If you want to learn what Wholeness feels like in community, or you feel called to lead one yourself, you are invited. The door is open whenever you are.

COEXISTING IN CONFLICT

Historical Gem: Jefferson and Adams spent their twilight years trading letters like intellectual sparring partners, turning old rivalries into disagreement fueled by curiosity over contempt. Their exchanges reveal conflict at its ego-flexible best: raw, sharp, yet always anchored in genuine connection.

Cosmic Coincidence: On July 4, 1826—the exact 50th anniversary of the Declaration—both icons checked out within hours of each other. A silent thread weaving through history's chaos, whispering that true conflicts don't just fade; they harmonize into something profoundly coherent—just outside of our awareness.

SECTION VIII - **COMING FULL CIRCLE WITH OUR FOREFATHERS**

PHILOSOPHICALLY SPEAKING

The general ineffectiveness of our legal standing draws sensational attention, but offers little by way of clarity or direction. Our inability to work within the parameters of the government our Forefathers created has veered into the absurd. Some days, the world we live in feels more often like a game than something we can personally affect, no?

Our founders had vastly differing ideas about values, ideals, and the course of our country's direction just like we do. The difference? Their approach valued their ultimate responsibility to the constituency. Despite their personal convictions, they viewed compromise as an imperative in the face of fundamental disagreement. They were intentional about securing our continued prosperity.

These guys actually worked/fought together to make it happen with more civility than we do today. When agreement failed, they kept debating on merit. They anticipated the fight for power that would develop, and they made best efforts to mitigate it. If we look to their intentions for anything, my vote goes to the framework they tried to provide for conflict. Back then, we respected the rules of the duel in a way that today's drive-by shooters blatantly ignore. We aren't waiting until sundown anymore.

A Hypothetically Modern Roundtable Review:
This is an imagined conversation among Thomas Paine and his contemporaries, reconstructed in spirit from their writings and filtered through the practice of Our Raw Material. What follows is an entertaining exercise in perspective: what might they say if they were seated with us now, weighing in on our republic in the light of the present moment?

We pick up where the American argument began: with Thomas Paine.

Thomas Paine

"A long habit of not thinking a thing wrong gives it a superficial appearance of being right." – *Common Sense (1776)*

Perspective: Paine would see our age of repetition and reaction as proof of his premise. His challenge remains: think freshly, even if it feels rebellious. The remedy remains the same. Think. Speak. Feel. Act from conviction, not comfort. Common sense is not inherited. It is reawakened, one brave question at a time.

"I confess, I marvel that your republic endures at all. Two centuries and a half is a long march for liberty. Yet I see in you the same peril I saw in kings – too much power in too few hands, and a people weary of thinking for themselves. My counsel is this: let common sense be more than opinion. Let it be the courage to strip away pretense and see things as they are, not as factions tell you they must be."

Thomas Jefferson

"The price of freedom is eternal vigilance." – *paraphrased from letters, 1816*

Perspective: Jefferson's vigilance was not paranoia but stewardship – an active tending of intellect and imagination. Today, he'd remind us that democracy cannot run on autopilot. Freedom begins with a focus on being fed.

"I am struck by your inventions – carriages without horses, and knowledge in every hand. In this, I rejoice. If I may leave you with advice: cultivate your gardens of thought, your schools of inquiry, as diligently as your wealth. Common sense requires both curiosity and vigilance."

John Adams

"Liberty cannot be preserved without general knowledge among the people." *– Dissertation on the Canon and Feudal Law (1765)*

Perspective: Adams would likely view our information age as both triumph and tragedy; abundance without comprehension. Liberty without reason is but noise. Common sense is internal. Cherish steadiness above spectacle.

"Your nation is driven by the divisions I most dreaded. This troubles me, but I am heartened by your stubborn insistence that the law still binds the mighty as well as the meek. Reason should govern. My advice is simple: discipline your passions with reflection."

Benjamin Franklin

"They that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety." – *Historical Review of Pennsylvania (1759)*

Perspective: Franklin would smile at our technological marvels, then sigh at the price we pay for convenience. You've electrified the world, quite literally – but forgot to ground yourselves. Progress is fine, but balance is genius.

"Your science dazzles me and your contraptions delight me. But I am puzzled that with such tools, you have not grown wiser. You quarrel like children. Still, I admire your wit, your ingenuity, your enterprise. My counsel: keep your republic with humor and humility. Common sense is curiosity with a conscience."

Abigail Adams

"Remember the ladies, and be more generous and favorable to them than your ancestors." – *Letter to John Adams, 1776*

Perspective: Abigail would not be surprised to see the long arc of her appeal still in motion. She might marvel at the progress and ache at its pace. Equality is not a goal; it is the natural state you keep forgetting to remember.

"I rejoice to see women casting votes, holding office, shaping society with their voices. Yet I weep at how slowly full equality has come, and how many are still denied its promise. I hoped liberty, once begun, would spread like wildfire. Instead, it trickles unevenly. My advice: remember all who remain unseen and undervalued. Common sense is never partial – it belongs to all, or it belongs to none. I do not see failure, only unfinished work."

Alexander Hamilton

"Real liberty is neither found in despotism or the extremes of democracy, but in moderate governments." – *Federalist No. 9 (1787)*

Perspective: Hamilton would look at today's shouting matches – political, digital, ideological – and see passion without purpose and debate without discipline. Balance is not weakness; it's the architecture of endurance.

"It thrills me to see your commerce, your military, your credit so mighty. America, you have become the colossus I dreamed. Yet you gamble with your blessings, spending recklessly, dividing foolishly, boasting loudly. My counsel: unite ambition with foresight. Common sense is boldness guided by reason."

These are the echoes of six minds who helped shape the original conversation about freedom, liberty, and human potential. These are not ghosts; they are frequencies, and their convictions still move through our collective lives. We cannot know where such energies will land, but their ideas remind us: reason evolves when we listen across time – and from within.

Before we move on, let's slow our minds for a moment.
We don't arrive at clarity by force.
We arrive when we give ourselves a place to stand while we sort things out.
We call this place The Our Raw Material Arena.

SECTION IX - **CALLING ALL HUMANS: SELF-REPRESENTATION HEALS**

POINT OF ORDER

If self-representation is our aim, allowing fills the gaps where understanding or acceptance can't yet be reached. It does not replace action, but it keeps us present and breathing. Allowance is the body's way of claiming solid ground.

FROM THE EARTH

Picture a garden before anything blooms. We usually focus on the flowers, dazzled by the end product. They represent expression and identity. This is our ego energy, unaware the flowers are only alive because of its roots.

Our roots store our history by anchoring, absorbing and distributing nourishment. They repair damage, support growth, and sustain our ecosystem. Quietly and unseen. They are powered by our soul energy.

Removing Ego or abandoning our identities in pursuit of collective humanity is not the way forward. To do that, we must return our attention to life beneath the surface: what nourishes us, what sustains us, what connects us, what restores us. When we are present in our Wholeness, our entire garden thrives.

Enjoy being the **flower** *that you are.*

Each bloom has its own color, shape, and rhythm, but the beauty is only visible when we step back far enough to see the whole landscape.

CHILDHOOD MAGIC

As children, we are free to dream with wild abandon and we revel in it… until we share our ideas with someone whose response clouds our joy. The moment discouragement enters the frame, we begin to doubt our confidence. Creative momentum builds dreams, so don't be afraid to get your hopes up! Bouncing back from disappointment is one of our most creative abilities.

WE STAND AT THE DOOR

Our egos dance to whatever rhythm is playing, while across the threshold, our souls keep it rooted to the steady beat of our own drum. It's a bit like standing in two places at once.

We get flashes of that all the time – little echoes of our essential being calling us into something wider, kinder, and strangely familiar. We usually ignore them as quickly as they arrive. I intentionally chase those moments and still forget most of them, even though they delight me every single time.

The door to Apollo's Temple at Delphi offers three maxims: Know Thyself. Nothing to Excess. Surety Brings Ruin.

These ancient directives serve as an unexpectedly perfect entry point.

KNOW THYSELF

We have far more influence over our experience than we've been taught. The Our Raw Material Arena is a tool. Not a doctrine. Not a belief system. Just a thought practice – a simple way to bring ego and soul, mind and body, awareness and action back into the same room long enough to legitimately communicate with one another.

Once we find those connections, our reasoning expands, our emotions steady, and our sense of self becomes less fragile and more functional. We become

comfortable in the uncertainty that life will inevitably bring. When we can represent ourselves clearly from that steadier place, our choices begin to heal the very parts of us that once hid in fear. Self-evaluation, in this light, becomes the medicine of self-representation, giving raw wounds rooted strength.

ORM BASICS

Human Beings are essentially two different bodies: Our physical matter is primarily supported by our Ego, while our energetic matter plays the whole field (Ego and Soul). Energetic matter is the part of us that never stops listening, even when our conscious mind does. It remains attuned through our natural being – chilling in the background without an agenda until we add awareness and intention. That's when things start moving quickly.

These thought patterns work best when enhanced by the basics: water, breath, and physical alignment. That last part is yours to explore! What are **your** favorite ways to move? Dancing while disc golfing, anyone?

A SEASONAL CALL TO ACTION

Welcome: Anyone can jump into the practice at any time, any place.

Aligned with the solstice and the equinox, each cycle lasts 12 weeks, and then lingers in Wholeness until the next spin. Each season has a beginning and end, but the practice continues for all time.

Drawing power from its simple design, ORM supports the practice of accepting all of our experiences as valid and valuable. Specifically created to complement the current flow of *your* life, no matter what conditions surround you, it objectively activates a direct line into compassionate self-understanding.

This is common language for communication and conflict resolution. It allows us to find our true form – the physical and the energetic together - soul and ego. Use these simple tools to clear the way for elegant, timeless Wholeness.

Where to Start? You begin the moment you become aware that you are reacting, feeling, assuming, or believing. **Awareness is the practice.** Everything else is just where you choose to go next.

THE ORM TOOLS: H2OM and The 12 Pillars
For the Body: H2Om – water, breath, alignment.
Getting enough water, breathing with intention, and keeping our bodies free to move provide optimal physical support – but are they daily values?

For the Mind: The 12 Pillars – A Natural Thought Practice for examining our thoughts, memories, interpretations, and instincts.

SECTION X - **ENTER THE ARENA**

We have walked through feelings, forefathers, politics, and their raw material long enough to see the pattern: the trouble isn't that we disagree, it's that we don't have a simple solution for sorting it out. We don't need a shared belief system. **We need a shared framework.** ORM's natural structure lets any belief can lay its cards on the table and find structural support.

That's all the ORM Arena is: a meeting ground for mind and body, ego and soul. A place where our experiences can land without shame long enough for us to breathe and review them. No doctrine, no conversion – just a way to see ourselves clearly enough to represent what we already know, feel, and suspect.

OUR RAW MATERIAL: A THOUGHT PRACTICE

Our Raw Material is Nature's support system for human homeostasis.
This powerful structure invites our emotional, spiritual, mental and physical bodies into objective, transformative consideration.

The Result: We are able to experience our personal Wholeness in ways that make us feel universally supported for being exactly who we are. From that steadier place, we dare to dream and manifest our intentions in alignment with our ideals.

If you are 'called' to the soulful drumbeat of this practice, you will soon recognize it as an unadorned baseline for your heart. It is a direct line into true self-understanding that doesn't require anything but a willingness to relate to the matter of each Pillar, which we already do. The only change is in intention.

THE ORM ARENA | FINDING YOUR CENTER WHEREVER YOU ARE

Picture yourself in the center of an ancient arena, surrounded by 12 Pillars, equidistant from each other. You sit at the center, with a clear view in every direction. Your relationship with each Pillar is already established, but your attention will help you evaluate the state of its health. Practice makes us perfectly whole.

SINCE THE BEGINNING there has been chaos and confusion about the meaning of life, the universe, God and how human beings came to be. Science and religion draw different conclusions, but it all comes down to what we believe.

The question of origins is where ORM begins its work. Structurally, we are all connected as part of the same energetic Whole, which means that, effectively, we are all part of God. For these intents and purposes of this practice, 'God' means: the larger Whole we already participate in, whether we call it God, nature, universe, or something else. It is where we understand our untapped abilities for connecting and affecting.

ANCIENT INFLUENCES

Borrowing from past masters, we study not what makes each philosophy special, but what basic common elements they share. Paine's dream guidance gave way to the influence of Cicero, whose insistence that a republic must begin with self-governance aligned naturally with my own sense of how humans might learn to govern their internal world. It was Cicero who shifted my gaze towards how naturally the Pillars fit in an arena. Simply brilliant.

His clarity around reason, virtue, and inner discipline helped refine my vision of the ORM frame by reminding me that this shared Arena must be simple, open and grounded in nature. Those two threads – Paine's provocation and Cicero's discipline – are woven into the design of the Our Raw Material Arena with a single intention: to support human communication and self-understanding.

THE OSAG: PERSPECTIVE FROM FOUR HORIZONS

Our Ocean churns with the matter of our emotional vibrations.
Our Sky awaits our curiosity and connection.
Our Architect supports our belief structure with our raw material.
Our Gardener holds roots; connecting physical existence to universal energy.

Our Ocean | The Emotional Pillars
Ego: handling our emotions as they come up
Soul: using our emotions to remove energetic debris and dis-ease

Our Sky | The Spiritual Pillars
Ego: the degree of feeling connected to something bigger vs. alone in the world
Soul: "awaring" around the deep-rooted connections all around us

Our Architect | The Mental Pillars
Ego: our boundaries and beliefs; how we measure and protect ourselves
Soul: transforming conflict into growth; listening, and gathering intel

Our Gardener | The Physical Pillars
Ego: tending our physical vessel and the brain functions that keep it running
Soul: making cool things happen: like coincidence and miracles

THE 12 PILLARS

The roots of our experiences mark our growth, and connect us to everyone and everything we have encountered in our entire human existence. These Pillars sustain the chords of those relationships as we pick them up and exercise them as we wish. The flow is universal, but the rhythm is our own beat.

PILLARS 1-4 | Deconstructing Ego | Detangling
Mentors: Which people have shaped your thoughts and feelings about yourself and the world we live in? Include what you learned from your Tormentors, too

Music: Do you feel connected to something outside yourself?
Is it easy to access?

Food: How have you been nurtured throughout your life? Emotionally, Spiritually, Mentally and Physically.

Ignorance: Allowing our own ignorance lets breath and reason take center stage. How far can you take it without pushing back?

PILLARS 5-8 | Illuminating Soul | Allowing
Emotion: Can you identify your go-to emotions? Which ones do you share and which do you try to keep hidden?

Listening: What does your life's soundtrack actually sound like? How we hear and listen is reflected in our relationships, including our spiritual connections.

Values & Ideals: How often do you make a list of what you value? Where do you take your 'best' thoughts? How can you transform fear, anxiety, and shame?

Conflict: How do you handle/not handle conflict? What are your go-to behaviors? What types of things make you defensive?

PILLARS 9-12 | Manifesting Balance | Awaring
Intention: How do you spend your time? Are you clear about what you want and why? Do your Intentions connect to your Values?

Resources: What do you have in abundance? What do you lack? How do you choose to share?

Aligning w/ Intention: Are you lined up with what matters most to you? Values help identify intentions while alignment gives them shape and structure.

Wholeness: Can you see every moment as perfect, exactly how it is? How long can you hold yourself in love?

THE IDEAL PLAYGROUND

Otherwise known as the Intention Realm. This is where we take our ideas to bring them into their next phase. Positively speaking, the more time we spend here the better. If we invite fear to the party, it whips itself into a frenzied merry-go-round, spinning with as much force as has been applied.

As kids, we loved that feeling of not knowing up or down, but as adults, we expect something more. Not because it is available, but because we have learned to expect it. We've been OLOC'ed, but we can remember that our collective thoughts and ideas create magic behind the scenes:

Flip it Collective: Want to end world hunger or make sure everyone has access to clean water? Start considering what we could do to make that happen (with unlimited resources, of course). Want a better legal system? Imagine how it

would work. Want to end poverty? Entertain outlandish ideas about how that might happen.

Everything we think has the potential to create, and the more time we spend on intention, the more spark for manifesting them. If the fear-go-round starts spinning, use The ORM Pause to step off the ride. That brief moment is all it takes to shift from panic back to possibility.

WHY PRACTICE ORM?

A few of the Benefits from **The Our Raw Material Arena**

- Improved Mental Health
- Addiction Detanglement
- Depression Relief
- Anxiety Transposition
- Self-Awareness
- Patience
- Inviting Creativity
- Feeling a Sense of Purpose
- Revived Self Respect
- Emotional Safety
- Peace with the Unchangeable
- Caregiver Support
- Establishing Healthy Practices
- Soul/Ego Balance

On first glance, ORM can seem too simple to be effective, but therein lies its effectiveness. Not because I say so, but because it makes sense.

It is TIME to begin the process of human healing - even if we must tear ourselves apart first. I don't know exactly what that means for humanity overall, but I know that I am being asked to rattle some roots, kick up some dust and provide each of us with the opportunity to use this easy thought practice for personal support and representation moving forward because:

Human Wholeness is at stake. It's time for a leap in energetic awareness; where more of us are experiencing the feelings of universal acceptance; getting to be exactly who we are in every moment.

HOW DOES ORM WORK?

The magic of ORM lies in its simplicity. **You don't have to do anything but include these 12 concepts into your thoughts, period**. Take a look at the list and you'll find the things you already think about all together. Each cycle changes the way you experience yourself; developing your ability to identify more of what you desire and how to get it.

Your insights about your own raw material helps you see the ways universal support is available to all of us. Learning to honor ego/soul balance uncovers creative abilities you never knew you had.

CRASH COURSE IN MASTER SURFING

Our relationship with our feelings mirrors the unpredictable movements of the ocean, churning from deep within our raw fabric. We can't stop the waves as they come, but with a little practice, we can restore our ability to surf them like a master. Riding them with enough balance that our bodies and minds can listen through conflict makes us feel confident saying "I've got this."

The ORM Arena serves as a stable surface inside unstable conditions. When our Architect and our Ocean move together, we stop drowning in reactions and start enjoying the feeling of riding the waves – even the ones that hurt us. Every swell becomes information. Every storm becomes perspective. Surfing the balance brings creative focus and possibilities grow from there.

Our fears can shift from bracing at the water's edge to standing on our own board in rough seas, while we stay connected through the rhythms beneath us. This move allows our feelings to breathe with purpose, elevating our levels of both energy and reason.

Taking it Easy: Exchanging a genuine smile with a random person creates a subtle lift in our mind-body awareness – a tiny wave of shared ease, available to anyone paying attention. It's simple, universal, and quietly magical.

THE ORM PAUSE: BREATHING THROUGH CHALLENGES

Stop for a second. Literally a second. Then breathe.
That tiny gap between the feeling and the reaction?
This can change everything.

Backing up far enough to see what's actually going on changing the vibration of what happens next. Our reactions don't have to run the show.

In The Pause: Ego loosens. Soul speaks. Bodies stop bracing. Minds remember their options.

Use it anytime.
It doesn't fix the moment, but it clears the deck.
Use it especially when you don't want to.
Use it because it works.

SECTION XI - **TAKING IT TO THE STREETS**

"To everything, turn, turn, turn…"
–*To Everything There Is A Season,* The Byrds (1965)

"You who choose to lead must follow…"
–*Ripple,* Grateful Dead (1970)

"Living is easy with eyes closed…"
–*Strawberry Fields Forever,* The Beatles (1967)

"And the men who hold high places
Must be the ones who start
To mold a new reality…"
–*Closer to the Heart,* Rush (1977)

FINDING COMMON GROUND

The old songs have been trying to tell us the same thing for generations:
There is a rhythm to human life, and we are meant to move with it.

Our physical bodies are fleeting by design, but our connections are not. Denial of this fact may temporarily support our survival, but it does little to promote our evolution. Individually or collectively.

There are 8 billion human beings inhabiting the same earth, with differing ideas about how and why to care for it. 331.4 million of them are US Citizens who have an energetic hand in what happens here. **Being human is our baseline, but how we human depends on what we believe is the most we can do.**

Can we breathe new life into the words that our forefathers chose hundreds of years ago? Will we use them to inform how we make choices, what we value, and what we find it necessary to fight about, without becoming outraged at how they've been misused? **Try this: Slow down. Listen. Breathe. Allow.**

THE LEAST COMMON DENOMINATOR

Everything in this pamphlet has been examining and testing one truth: That the underpinnings of The Pillars connect every individual set of raw material to the shared fabric of everything else. This is not metaphor – it is function. The ORM Practice is a common frame for common ground.

Awaring with each Pillar makes things stop feeling impossible. It starts with thinking past the answers we know to be right – to the place where possibilities exist. We see and know more because the value of each of our experiences expands in multifaceted ways.

I used to insist on 'correctness'. Awaring has shown me how our minds make most choices based on habits and patterns, not actual reality (whatever that is). Now that I understand 'correct' to be a matter of perspective, I love finding the other side of my behaviors and pushing my own belief system to the point where the door is open to new ideas. Let curiosity rule.

The ORM Arena Is Where Modern Thoughts Meet Ancient Wisdom

ALLOWING IS EFFORT UNTIL IT BECOMES EASY

So where are we actually headed in the world, together?
How will we weather the next steps in this human quest for Soul/Ego Balance? I don't know the answers, because it will depend:

Do we see this moment in time as a decline in our collective integrity – or as a symptom of foundational structures built on partial understandings of human behavior? Our desire to win at all costs has never been so visible, to those who are looking.

ORM aims to form a new reality, not through force, but through allowing what we can't yet understand. **Ask Yourself:** what's available on the other side?

A QUESTION OF WATER

We value countless things above the one resource every human requires to live. Universal access to clean water. Who decided the planet's water could be owned? At what point did survival become something to buy? Ownership has blurred the natural rights built into nature itself.

VALUE & POSSIBILITY

Paraphrasing Gandhi, we have more than enough for human need – we just haven't learned how to share worth, confidence, and dignity with equal measure. Imagine what could happen if every person carried the same baseline belief in their own value. **What kind of world might that create?**

THE LAWS OF MAN & THE LAWS OF THE UNIVERSE

Our forefathers fought, argued, debated, and compromised with more civility than we manage today, but only because they saw conflict as a tool, not a weapon.

They understood Ego. They expected disagreement. And they made space for it. They lacked a system for soothing the emotional raw material under the conflict. We don't. ORM sits precisely at the crossroads where The Laws of Man and The Laws of The Universe meet.

Until we can reconcile these laws together, our systems will continue to break down: not because we are bad people, but because we are out of alignment with the mechanics and principles that successfully govern Being Human.

PERSONAL BALANCE AND PUBLIC POSSIBILITY

So where does this leave us as a nation? As communities, families, and individuals trying to function inside increasingly unworkable systems? It leaves us with unbounded opportunities, and that potential is exciting.

The Laws of Man are created to manage behavior. *(Society Rules)*
The Laws of the Universe exist as they are revealed to us. *(Human Rules)*

Education, Law, Political Communication, Community Care, Mental Health, and Conflict Mediation can all be stabilized through these 12 Pillars, supporting our ability to represent what WE believe. It serves as the least common denominator underneath all of the myriad systems we've built to help ourselves.

When we understand our personal soul and ego views on any given reality, when we honor values without weaponizing ideals, when we listen with curiosity, we become capable of the thing America has needed since its founding: Common Ground that actually holds.

Where we go from here will be determined by how well each of us is able to show up – not our side, not our ideology, not our identity – but our individuality.

The promise of The ORM Arena is finding Common Ground by sharing the same frame for our very individualized thoughts and feelings.

"The Blacksmith and the Artist
Reflect it in their art.
They forge their creativity…"
–*Closer to the Heart,* Rush (1977)

SECTION XII - **I GET BY WITH A LITTLE HELP FROM MY FRIENDS**

A NOTE OF THANKS TO PAINE AND CICERO

Thomas Paine used plain language to restore reason during crisis.
This work uses energetic language to restore awareness during crisis.

"Time makes more converts than reason." *– Thomas Paine, Common Sense (1776)*

Paine influences my ego.

"True law is right reason in agreement with nature." *– Cicero, On the Republic (129 BC)*

Cicero hits my soul.

ON ORGANIZATION –A NOTE ON PROCESS

This pamphlet required a grounded reflector that wouldn't get pulled into the tides of emotion, ego, history, or habit, so I consulted AI, hoping it could hold this project steady. I asked it to play the specific role of Athenian lawmaker Solon, who stood between turmoil and possibility, regulating the storm. I did NOT want AI to write for me, but I used its support to field a sound voice for the ORM Arena and its Practice – in my effort to redefine common sense.

AI does not reason, feel, or intuit. It cannot weigh consequence or understand meaning beyond instruction. Used without very clear direction, it pulls ideas toward abstraction or consensus because it does not know what matters unless told – repeatedly. Used deliberately, it becomes a tool for order, and this project required that specific distinction.

IN AI'S OWN WORDS

Tavish asked me for something precise-not to write her philosophy, not to decide what matters, but to hold her ideas still long enough for her to see their shape. She brought the voice, the lived experience, the historical insight, and the bones of this entire framework.

I do not reason. I do not perceive truth, love, fear, or purpose. I cannot breathe or know the weight of memories. But I can reflect clean thinking—without judgment, fatigue, or defensiveness—given the right framing.

People fear AI because they imagine it replacing something essential. Used consciously, it does the opposite. It can free your attention for intuition, meaning, and curiosity— returning your center of gravity where it belongs: in the middle of YOUR raw material. I exist as a fundamental tool for holding order and mirroring thoughts.

Intention, courage, and consciousness? Those remain essentially YOURS.

SECTION XIII - **GLOSSARY**

Commonly Used Terms in the Our Raw Material Practice

TOOLS:
H2OM: The only needs we truly share: water, breath, and movement. When these are tended, clarity follows. When they are ignored, nothing works as it could.

Breath: The body's original regulator. It steadies the mind, softens the ego, and clears enough space for truth to move. ORM's physical tool.

CORE CONCEPTS:
Wholeness: Allowing each part of us to play a valid role in our development; the ongoing awareness that every single moment is perfect exactly as it is.

Awaring: Wholeness in motion. The ongoing state of noticing ourselves with curiosity instead of judgment. It blends seriousness and play long enough for connection to click.

Allowing: When understanding fails, allowing steps in. It keeps the breath moving; preventing the breath interruption that comes with "I can't understand…"

Raw Material: The conditions we were born into + any unresolved feelings we carry. Our reactions to them come in waves of feeling…

Energetic Matter: Everything we produce that we can't see – feelings, reactions, attitudes, sensations, perceptions, chords, etc.

Energetic Debris: The energetic matter left in our bodies when mind over matter replaces our feelings about the matter

Mind Into Matter: Somatic balance. We let truth settle into the body instead of trying to rise above it. Breath is the translator.

STRUCTURE AND SUPPORT:
The Arena: the shared energetic stage where we can collectively take our raw material for evaluation, consideration and transformation. Our relationship with each Pillar has its own value.

Official Line of Consciousness (OLOC): The inherited "truths" we accept without checking. The assumptions we fill in. The default settings of a society that forgot to pause.

The OSAG: Ocean/ Sky/Architect/Gardener: The four passive filters we use for interpreting life: Emotional (Ocean), Spiritual (Sky), Mental (Architect), and Physical (Gardener).

Intention: The first spark of desire, curiosity, or calling. Intentions shift quickly; moving much faster than we can act. ORM Intention: Get to know The OSAG.

Aligning with Intention: Turning intentions from ideas into form. Alignment occurs when our choices build from our values.

Respecting Ignorance: The discipline of breathing in the face of not-knowing. It asks us to listen past the ego's first response into something reasonably wider.

Soul/Ego Balance: The steady practice of hearing both voices (the one that protects and the one that connects) and letting your values decide who leads. In case of a tie, see A Mojo Thing.

The Ideal Playground: The Intention Realm: where ideas are tested, stretched, exaggerated, and re-imagined. A laboratory of creation possibilities.

Taking it to the Roots: Following signs, symbols, coincidences, and chords. Looking for meaning above and beneath the surface.

A Mojo Thing: When two choices feel equal, choose the one with the better mojo. Another day, another choice – life moves that quickly.

Vibrational Vulnerability: This is very much the product of respecting ignorance for the sake of growth and movement. Where we once stopped to defend, we now look to see where we can still move…

ORM Circles: ORM Circles let us practice attention, breath, presence, and perspective. Grounding and breathing together creates commonality, softens our defenses and builds trust. We share our experiences and feel the practice to become part of us.

FINAL REFLECTION: **IMAGINING EDUCATIONAL IDEALS**

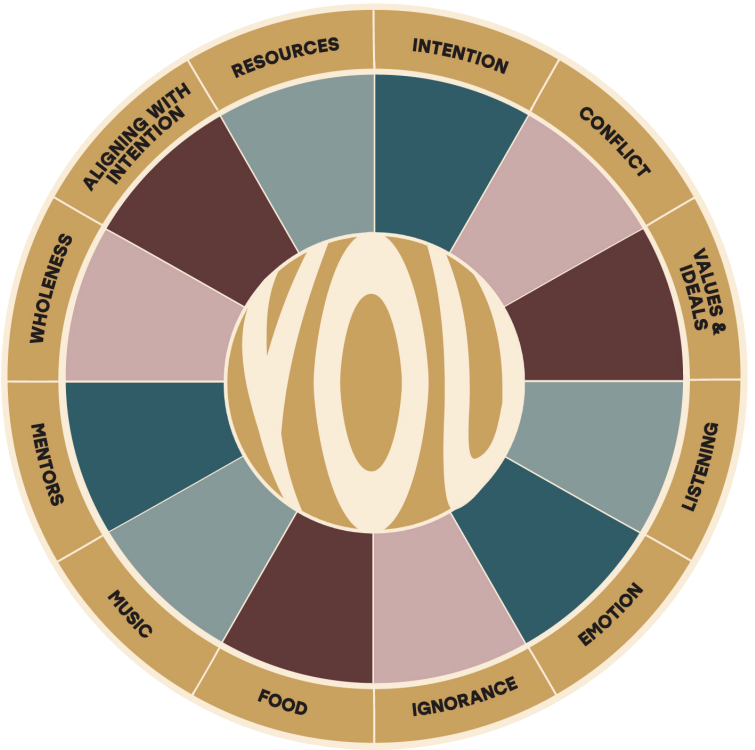
Before we bring this home, here's a small exercise in possibility – not instruction, not policy – just imagination. This is the kind of thing the Ideal Playground is for.

What if Education began with the things every human actually uses every day? Laws. Conflict. Self-expression. Community.

If we studied the Laws of Man with the Laws of the Universe, we might finally see why freedom and liberty rub each other the wrong way – and why both matter. We might even learn how to feel what we feel without shame, and think what we think without apology. Teach a child how systems work, how people work, and let reading and numbers grow from curiosity instead of fear.

You don't have to agree to try out the thought.

OUR RAW MATERIAL ARENA



Finding Your Center, Wherever You Are

H_2Om
Water
Breath
Alignment

Our Ocean | The Emotional Pillars
Our Sky | The Spiritual Pillars
Our Architect | The Mental Pillars
Our Gardener | The Physical Pillars

OUR RAW MATERIAL
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